FAMILY LIFE

12

Vol. XVIII, No. 12 DECEMBER, 1957 Edited by Paul Popenoe

Living Successfully as a Widow

Each day 1300 wives in the United States become widows. They represent one of the most difficult, as well as one of the most important, problems in family relations. To the many good books published to aid them, two more have been added lately; *Learning to live as a widow,* by Marion Langer, and *How to be a successful widow,* by R. Louis Zalk. Dr. Langer, herself a widow, is a psychologist and marital counselor, and deals more fully with the psychological aspects of widowhood. Mr. Zalk is a Columbus, Ohio, newspaper man who has long specialized in studying and writing about widows. He deals more fully with some of the practical aspects—financial and legal, for instance. The two books supplement each other usefully.

The first reaction of a widow is likely to be a sort of numbness. She thought that "becoming a widow was the sort of thing that only happened to other people. I know that this was my attitude before I lost my husband," says Mrs. Dale Carnegie in an introduction to Mr. Zalk's book; "and my first days of widowhood were consequently spent in a state of dazed shock." Psychologists generally advise such women to talk it out, relive it, and thus prevent the bereavement from being any more damaging than necessary. She is advised to mourn frankly and fully, at first, as a preliminary readjustment. She should make no sudden decisions or changes during this period. She should take pains to keep herself in good physical condition.

Then she is ready to reorganize her life—very radically, in many instances. One of her first cares must be financial. If she has $10,000 from life insurance —a common amount—it may seem like a lot of money but actually, it is very little to stretch over the remainder of a lifetime. Many women let this slip through their fingers almost immediately. Mr. Zalk's detailed discussion and warning is useful here. He thinks she will usually do best to find a thoroughly competent, professional, paid investment counselor rather than taking the "free gratis for nothing" advice of friends or relatives. If her husband was wise, he will have foreseen this period and made preparations for it himself.

Ordinarily she should look for a job, and there are many available nowadays, provided she has anything to

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

offer in skills and personality. She may need to get some re-education; but she should not take a job that requires an investment—there are too many racketeers who prey on naive widows. She may have to volunteer her services somewhere for a while, in order to get established. In general she should try to be self-reliant at this point, and not depend on relatives and friends to take care of her.

Her social life must be reorganized. Here, it appears that her greatest danger is to become a parasite. She does not realize that she can repay invitations, in one way or another, and carry her share of the responsibility. Unless she is wise and resourceful, with some imagination, she may degenerate into a pitied and self-pitying figure whom her friends take pains to avoid because she is merely dead weight. She should get into circulation, as energetically as she would if she were young and single. It is her own responsibility to avoid perils of loneliness—that greatest of all burdens of a widow; and not to unload herself and her troubles on her married offspring or anyone else.

Any widow may well hope and plan for remarriage, but she should organize her life as if she would never remarry. If she hangs around vainly waiting for some new husband to solve all her problems, she will accumulate more problems but probably not acquire a husband. Children are often a complication here—not so much, statistics indicate, in preventing a widow from finding a husband, as in preventing her from going into and enjoying marriage without complications. Older children may resent the remarriage; younger ones may find it difficult to accept a new authority. Many widows need the guidance of a marriage counselor at this juncture.

They need, emphatically, to realize that in a new marriage they must "wipe the slate clean" and start all over again. The attempt to carry into the new homes the habits, attitudes, and patterns that were successful in the old one, may be disastrous with a new and entirely different partner. It may be necessary to give up long-valued associations, interests, and friends, and to work on the new partnership with single-mindedness and determination. With such plans, success should be within reach. Surveys show that the percentage of happy marriages of widows is higher than that of divorcees, and not very much below that of persons marrying for the first time.

LEARNING TO LIVE AS A WIDOW, by Marion Langer. Pp. 225, no index, price $3.95 from Julian Messner, 8 W. 40th st., New York 18, N.Y., 1957.

HOW TO BE A SUCCESSFUL WIDOW, by R. Louis Zalk. Pp. 222, no index, price $3.95 from Fleet Pub. Corp., Grand Central Terminal bldg., New York 17, N.Y., 1917.

•

THREE OUT OF EVERY FOUR children placed in institutions in the Union of South Africa are found to come from broken or unfit homes, says a report of the National Council.

"ADVICE TO THE LOVELORN"

Advice columns in the daily press are one of the most important and far-reaching agencies of public education in Great Britain, according to Cyril Greenland, who presented to the British Association for the Advancement of Science, at its 1956 meeting, the first comprehensive study of the subject in that country. They are "one of the most powerful influences in shaping public attitudes to the most intimate aspects of human relations," and their total number each year reaches no less than 500,000 cases dealt with by the "Advice Columns" in the popular press.

With financial assistance from the Nuffield Foundation Mr. Greenland (senior psychiatric social worker at Crichton Royal, Dumfries, Scotland) undertook to analyse a complete year's correspondence received by one such column. This involved 10,718 letters (90% of them from women) presenting 11,656 total problems, classified as follows:

Sex life	20.9%
Birth control	17.6
Personal	15.3
Love and courtship	11.2
Marriage ceremony	8.0
Married life and pregnancies	5.7
Legal	4.1
Social isolation and loneliness	3.7
Family life	3.7
General	3.4
Child care and welfare	.6

Most of the writers were relatively young and of average social level and education. Interesting seasonal patterns were discovered. The three main peaks were March, July, and November, the greatest number being received in July; but some of the subjects, such as sex life, birth control, and illegitimacy, varied from this pattern and from each other. Mr. Greenland suggests the need of further research to determine whether there are climatic influences involved, —a matter that attracted more attention from psychologists a generation ago than it has received lately.

Some skeptics have insisted that letters to these columns are largely fakes or written as a joke. Such letters are rare and can be identified easily, he found.

In about 30% of cases where the writers provided background information, it was judged that "inadequate mothering and/or a disrupted family life in childhood was associated with serious personal problems in adult life."

Information from the letters was elaborately coded and transferred to punch cards for machine sorting, and the detailed results are being published in a series of short articles in various publications. One that appears in *Family Planning,* July, 1957, deals with "The menopause—a family problem." While this topic was brought up in only 111 letters, the largest number of which wanted to know whether conception was still possible, there were many interesting stories of family difficulties associated with the mother's disturbed emotional life at a time when the children were adolescent and most difficult to manage. "The most distinctive feature of the menopausal moods is their duration" and in this long-drawn-out phase the woman may be a serious

problem to the whole household as well as to herself. Many letters from young women described their own bewilderment, often bitterness, "about their mothers' constant nagging and grossly unreasonable behavior. In many of these cases the mother's attitude has already led to a serious rift between the parents. Although in only a few instances was the 'change of life' regarded as a possible explanation of mother's ill-humor and changed behavior, there can be little doubt that the common menopausal symptoms may disrupt family life. Further research on the proper treatment of this condition is most urgently needed. Although the menopause may be primarily a medical problem its widespread effects must become a mater of concern to all those who aim to protect family life and promote physical and mental health."

Notes From the AIFR

YOUR SOCIAL EFFECTIVENESS is the title of a new series of group and individual conferences offered at the Institute headquarters. This is a service to aid men and women who want to build up more satisfying social relationships, leading either to marriage or to a richer living experience in general. It consists of four lecture-meetings, three group conferences (each limited to a small number of persons), and one individual consultation.

PREPARATION FOR CHILDBIRTH, a service for expectant parents under the direction of Mary Jane Hungerford, Ph.D., has been expanded, to meet the demand of many clients, by classes offered in Long Beach, Redondo Beach, Pasadena, and other near-by cities, as well as the classes at the Institute office. Women who take the exercise classes must have the written permission of their own obstetrician. These classes are supplemented by lecture-discussions and motion pictures, and a series of five additional meetings, which husbands attend, presents specialists who discuss the general problems surrounding the arrival of a new baby in the family.

THERE ARE NOW 23 trainees and internes, in various stages of progress, who are taking the Institute's intensive training course in the techniques of marriage counseling. An outline of the course will be sent, on request, to any interested person.

Educational Notes

EPILEPTICS should receive more consideration and laws limiting them should be changed, in the opinion of the American League Against Epilepsy, which adopted recommendations made in a 2-year study by Roscoe L. Barrow, dean of the College of Law of the University of Cincinnati. The League's legislative committee thinks that present laws "have caused profound economic deprivation and moral despair" among hundreds of thousands of citizens who, with their seizures partly or wholly controlled, were for all practical purposes normal human beings. It holds that (1) eugenic sterilization laws should be amended to make them inapplicable to epileptics; (2) eugenic marriage laws should be amended similarly; (3) motor vehicle licenses should be considered for those whose seizures have been completely controlled for a period of two years; and (4) workmen's compensation laws should be amended so that employers are protected from liabilities resulting from injuries to or by epileptics caused by epileptic conditions.

HOW MANY PARENTS feel that they need help in managing their children, and where do they turn to for help? Several surveys have attempted to answer these questions; latest is by Richard A. Littman and John Curry of the University of Oregon and John Pierce-Jones of the University of Texas. Selecting a sample of the parents in Eugene, Ore., they found that more than half of the parents have felt that they would like advice or information about dealing with their children. Mothers expressed this need twice as often as fathers. They turned first to physicians, then to teachers. Professionally trained persons (psychologists, trained counselors, and the like) played a very unimportant part. A somewhat comparable study of farm families in Ohio found that they turned mainly to relatives and friends, but many also depended on "communication media," e.g. books, pamphlets, newspapers columns. One conclusion from both studies (and from others) is that the public does not use, or know of, or have access to, sources of help that are particularly qualified.—*The Coordinator,* Sept., 1957.

Research Notes

DIVORCES ARE DECREASING in number in the United States, and some popular writers have made a great feature of this. Between 1950 and 1955, the divorce rate decreased by 10%, but the marriage rate also decreased by 10% during those years. These figures from the latest special report of the National Office of Vital Statistics (Vol. 46, No. 7, May 28, 1957) do not give much reason for hope that there is any substantial change in the divorcing habits of the American population. Moreover, the divorce statistics are particularly equivocal because they take no account of the number of separations, admittedly large, and it is conceivable that some people might be merely separating nowadays, without the formality of a divorce. In addition to this, there are all too many matings which are not legalized either by marriage or by divorce. If these could be known and added to the official figures, they might alter the situation. For the years 1952-1955 the Census Bureau finds the highest divorce rate in Nevada, with Florida and Oklahoma next, while the lowest rates were reported for New Jersey and North Dakota.

WOMEN HAVE normally outlived men, but the difference between the sexes is steadily becoming greater. This is at least partly due to the reduction in maternal mortality, which allows more women to survive, and the increase in deaths from automobile accidents, which strike particularly at young men. But each of the leading causes of death has recorded a greater improvement among females than among males. Diabetes is the only important disease which hits women harder than men.—*Statistical Bulletin,* of the Metropolitan Life Insurance Co., Sept., 1957.

EMINENT AMERICANS (as measured by inclusion in *Who's Who*) *are* a remarkably uniform group in one respect—they have a high marriage rate and mostly have two or three children per married man. This is the conclusion of Dudley Kirk, who has repeated studies made a generation ago. Almost 94% of them have been married at least once, as compared with 91.5% for all American men of equivalent age. By religious denomination, Lutherans are most fertile and Roman

Catholics have the lowest number of children per man, even when priests are excluded—this result being due to the relatively larger number of unmarried men among Catholics. By occupation, non-Catholic clergymen have the most children, medical practitioners come next, while the least fertile are men in the armed services and the arts. (Milbank Memorial Fund Papers, 1957.)

OCCASIONALLY a dwarf of the achondroplastic type, in which the shortness is largely confined to the lower limbs, appears in a family with no previous history of such defect. Analysis of such cases, by L. S. Penrose and others, shows that a distinguishing feature is the advanced age of the father. Age of mother apparently has no bearing on the production of a dwarf. No explanation is as yet offered, to account for the influence of an elderly father. The situation is just the reverse in families which produce a child with Mongolism. Here the advanced age of the mother is involved (regardless of the number of children, if any, to whom she has previously given birth), and the father's age seems not to be involved. (*American Journal of Human Genetics,* Sept., 1957.)

BIOLOGISTS have been called upon for a new service, in connection with claims of Chinese who are immigrants to be the offspring of other Chinese who are American citizens. Desire of Orientals to establish citizenship in America has led to a flood of such claims, amounting to 7,000 in a period of three recent years. The Immigration and Naturalization Service called on experts to test these claims of parenthood by the well-known examination of blood groups and found so many fraudulent claims that it suggested "the existence of an immense 'immigration ring whose motivation and scope could only be guessed." Further examination of these cases by William C. Boyd indicated that nearly two-thirds of all the claims were fraudulent. Without the "blood test," most of them probably would have been accepted as true. (*American Journal of Human Genetics,* Sept., 1957.)

Around the World

AUSTRALIAN HUSBANDS are well satisfied with themselves, but fall far short of the standards of American husbands. This is the verdict of David R. Mace, one of the founders of the National Marriage Guidance Council in England, and for some years past professor of human relations at Drew University, Madison, N.J. Dr. Mace is now surveying family life in some important foreign countries, and spent four months in Australia. He finds that husbands there have a "he-man" outlook on life, in wanting to spend their time with other men, fishing or golfing or sometimes merely in a pub. Sexually he thinks they tend to be selfish; but he concluded that both sexes are dismally ignorant about sex, and extremely inhibited concerning it; and that they find similar ignorance at the professional level, when they seek advice from a physician or other supposed expert. He saw little evidence of 50-50 marriages, and excessive prevalence of marriages forced by the girl's pregnancy. On the other hand, he detected few evidences of "Momism" in Australian homes.—PEOPLE, June 26, 1957.

NEW BOOKS IN BRIEF REVIEW

BRIGHTENING THE SENIOR YEARS, pp. 139, free (while they last) to those professionally interested, on request to Senator Thomas C. Desmond, 94 Broadway, Newburgh, N.Y.

The 1957 report of the New York State Joint Legislative Committee on Problems of the Aging, of which Senator Desmond is chairman, continues the high standards of its predecessors. It contains 23 papers by some of the nation's outstanding authorities, and is beautifully illustrated and produced. The State of New York is performing a public service of nation-wide importance in this series.

•

THE AGE OF PSYCHOLOGY, by Ernest Havemann. Pp. 115 (paper covers) price $1, from Simon & Schuster, 630 Fifth ave., New York 20, N.Y., 1957.

Reprint of a series of articles which Mr. Havemann wrote for publication in *Life* earlier this year. He is an experienced journalist, and had the help of competent men of science in his preparation of this "layman's guide to the modern science of human behavior."

•

A TEEN AGER'S GUIDE TO PERSONAL SUCCESS, by Erma Paul Ferrari. Pp. 126 (no index), price $2 from Abingdon press, Nashville 2, Tenn., 1957.

Comprehensive, practical, and brief, this little book should be helpful to any teen-ager. Mrs. Ferrari is an author and editor who has concerned herself especially with social problems.

•

CHILD PSYCHIATRY, by Leo Kanner. Third ed., pp. 777, price $8.50 from Charles C. Thomas, 301 E. Lawrence ave., Springfield, Ill., 1957.

For nearly a quarter of a century this has been a standard text and work of reference. It has now been brought up to date and issued at a remarkably reasonable price, as prices now go. Dr. Kanner, director of Children's Psyciatry Service at the John Hopkins Hospital, hopes the book will be useful not merely to practitioners but to teachers, social workers, and many others who are concerned in one way or another with child behavior. Much of the book is so simply and interestingly written as to be valuable for any intelligent parent.

•

THE FREEDOM TO BECOME YOURSELF, by Roy A. Burkhart. Pp. 264 (no index), price $4.95 from Prentice-Hall, Englewood Cliffs, N.J., 1956.

You must gain four freedoms which, combined, make up the freedom to be yourself, says Dr. Burkhart (minister of the First Community Church, Columbus, Ohio). These are the freedom of thought and feeling, the freedom of wholeness of mind and body, the freedom of the ageless spirit, and the freedom of eternal life now. There is nothing vague about the way in which he explains and illustrates these principles. Like his other books (15 in number) this one is practical as well as inspirational. It will help any reader to live more successfully.

•

THORIES OF PERSONALITY, by Calvin S. Hall and Gardner Lindzey. Pp. 572, price $6.50 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y.,

1957.

What is the definition of "personality?" There is none that can be generally applied, say the authors of this solid volume. Each student defines it to suit himself. There is the more need, then, for a book which will summarize the positions of the various students of the subject. While this one is written primarily for the professional, it contains much of interest to any person concerned with human behavior. The authors (Dr. Hall is at Western Reserve University, Dr. Lindzey at Syracuse University) start with Freud, but they review recent surveys which indicate a definite swing back toward emphasis on constitution and heredity, rather than on environmental influences which have been so heavily emphasized during the last quarter of a century. Speaking of W. H. Sheldon's work, for example, they say any reader who examines the original publications "will come away convinced that Sheldon is eminently correct in his assertion that there is a highly significant association between physique and personality," though they think the association is not as close as Dr. Sheldon believed. Many other researches are noted which emphasize the importance of "original nature."

•

PSYCHOLOGY IN THE SOVIET UNION, ed. by Brian Simon. Pp. 305, price $6 from Stanford University Press, Stanford, Calif., 1957.

Since few American psychologists know anything about progress made in the Soviet Union during the last generation or more, the Stanford University Press has performed a real service by importing this book from England, where it was published a few months earlier. It contains papers by some 19 scientists, with an introduction by Dr. Simon, and some appendices. It is naturally of interest mainly to specialists. Soviet psychology is a blend of dialectical materialism with the researches of I. P. Pavlov in the early part of this century. Much attention is given to child psychology and to methods of teaching.

•

THE HANGOVER, by Benjamin Karpman. Pp. 532, price $9.50 from Charles C. Thomas, 301 E. Lawrence ave., Springfield, Ill., 1957.

The hangover is the distinctive feature of genuine alchoholism in the opinion of Dr. Karpman, chief psychotherapist of St. Elizabeth's Hospital (Washington D.C.) He illustrates his thesis with extremely detailed histories of seven men and seven women. The alcoholic starts as a social drinker, he believes; his feelings of guilt and remorse gradually build up into a first-class neurosis from which he tries to escape by drinking more heavily. It is at this point that he has become a chronic alcoholic rather than a social drinker. The neurosis is of course founded on earlier experiences that warped or weakened the personality—perhaps experiences in childhood. Treatment or "cure" of the alcoholic must be directed toward resolving the neurosis, and this is accomplished successfully, at least in some instances, by psychotherapy. Dr. Karpman seems to attach little importance to physiological differences or vitamin deficiencies. While his discussion follows a somewhat narrow line, it is of great value because of the very full description of what has happened to these 14 patients; and his insistence on the importance of a study of the character of the hangover, in any discussion of alco-

holism, should represent a forward step in the understanding of this very widespread and important social problem.

•

INTO THE WIND, by Mary F. Van Nes. Pp.224 (no index), price $3.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1957.

Interesting story of a family with six children, cruising on the New England coast in a 70-foot schooner. Good reading for adolescent or adult.

•

INTRODUCTORY CLINICAL PSYCHOLOGY, by Sol L. Garfield. Pp. 469, price $6 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1957.

College text-book giving an excellent picture of the functions, methods, and problems of contemporary clinical psychology. The word "marriage" does not even appear in the index. It is evident from the entire book that clinical psychology has, in this author's opinion, nothing to do with marriage counseling. The author is chief of a psychology training unit of the Veterans Administration, and lecturer in Northwestern University.

•

HOW TO CONTROL YOUR DESTINY, by Anthony Norvell. Pp. 218 (no index), price $4 from David McKay Co., 55 Fifth ave., New York 3, N.Y., 1957.

Inspirational book on popular psychology, along time-tried lines. Mr. Norvell is a personal counselor in New York and Los Angeles.

•

THE CHRONICALLY ILL, by Joseph Fox. Pp. 229, price $3.95 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

Useful discussion, from a sociological point of view, of one of the nation's great problems. Dr. Fox is director of the Home of Chronic Sick in Irvington, N.J. The usefulness of the book might have been increased by omitting the Glossary! Here's a fair sample: "WART: a circumscribed cutaneous elevation resulting from hypertrophy of the papillae and epidermis."

•

PSYCHOLOGICAL DISORDER AND CRIME, by W. Lindesay Neustatter. Pp. 248, price $6 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

Imported from England, this discussion by a psychiatrist follows conventional lines, ending with a plea for treatment instead of punishment.

•

ARE YOU LISTENING? By Ralph G. Nichols and Leonard A. Stevens. Pp. 236, price $3.75 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

This is the first book, its authors claim, that is devoted to a dynamic new science—the science of listening. It is a good specimen of popular science. Dr. Nichols is professor of rhetoric at the University of Minnesota, Mr. Stevens a free-lance writer and lecturer. They point out that the average person listening to a talk, remembers only about half of what he heard, and soon forgets half of this. They discuss awareness, upward and downward communication in business and industry, ironing out problems by listening, resisting high pressure salesmanship by listening, emotional blocks to objective listening and so on, with innumerable illustrations and simple tests. The book might have some valuable application in family life.

FEAR: CONTAGION AND CONQUEST, by James Clark Moloney. Pp. 140, price $3.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

Returning to a subject with which he has long been identified, Dr. Moloney documents his conviction that "emotionally stable, normally integrated, emotionally mature adults develop by being afforded properly measured mothering" through the first three to five years of life.

•

THE IMPORTANCE OF FEELING INFERIOR, by Marie Beynon Ray. Pp. 262, price $3.95 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1957.

"The Golden Complex" is the name which an earlier writer gave to the much-talked about feeling that Alfred Adler called the Inferiority Complex. It may wreck the life of an individual, but properly understood and used it can provide the motivation that leads to success. Mrs. Ray, former editor of *Vogue* and author of several popular books on mental health (*How never to tired,* first published in 1937, has sold more than 200,000 copies and is "still going strong") develops this theme in a most readable and helpful new book, citing innumerable personages from ancient and modern history who have used feelings of inferiority merely as a springboard to achievement.

•

MAKING ETHICAL DECISIONS, by Howard Clark Kee. Pp. 96 (no index), price $1 from the Westminster Press, Witherspoon bldg., Philadelphia 7, Pa., 1957.

Dr. Kee, an ordained Methodist minister now on the faculty of the theological school of Drew University (Madison, N.J.), deals with all sorts of practical every-day problems with a "liberal" interpretation of the teachings of Jesus. The little book should help any Christian to think through some common perplexities. Adequate attention is given to marriage and family living.

●

Inexpensive Pamphlets

HOW CHILDREN CAN BE CREATIVE, pp. 23, price 15c from Supt. of Documents, U.S. Government Printing Office, Washington 25 D.C. (Catalog No. FS 5.3:954/12.)

THE FARM FAMILY LOOKS AT LIFE INSURANCE, pp. 30, free on request to Institute of Life Insurance, 488 Madison ave., New York 22, N.Y.

HOW TO ORGANIZE A TEEN AGE CLUB, pp. 34, free on request to Nehi Corporation, Columbus, Georgia.

THE STORY OF WRITING, pp. 13, free on request to the Handwriting Foundation, 1426 G st., NW., Washington, D.C., which publishes other material and a *Teachers' Guide* (6c) in the subject. The booklets are fascinating to anyone.

HOW TO RUN A SUCCESSFUL PARTY, for youths from 3 to 20, pp. 30, free on request to DCA Food Industries, 45 W. 36th st., New York 8, N.Y. Another useful pamphlet from the same source is *How to have fun with pop,* priced at 15c and referring to father , not to soft drinks.

VITAMINS AND HEALTH, by William Rubin. Pp. 28, price 25c from Public Affairs Pamphiets, 22 E. 38th st., New York 16, N.Y.

IT'S FUN TO WRITE LETTERS, by Jane Eaton. Pp. 32, price 10c from Eaton Paper Corporation (Miss Naomi Kirby, Adv. Dept.), Pittsfield, Mass.—Helpful guide to social correspondence.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

Write for complete catalog of publications, and send orders to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Blvd. **Los Angeles 27, Calif.**

THE AMERICAN INSTITUTE
OF FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, Calif.

(Return Postage Guaranteed)

JAN 1 - 1958

JAN 7 - 1958

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Los Angeles, Calif.
Permit No. 12538

San Francisco Theological Seminary
San Anselmo
California

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

---

FAMILY LIVING CONFERENCES

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

Write for full information to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Boulevard **Los Angeles 27, California**